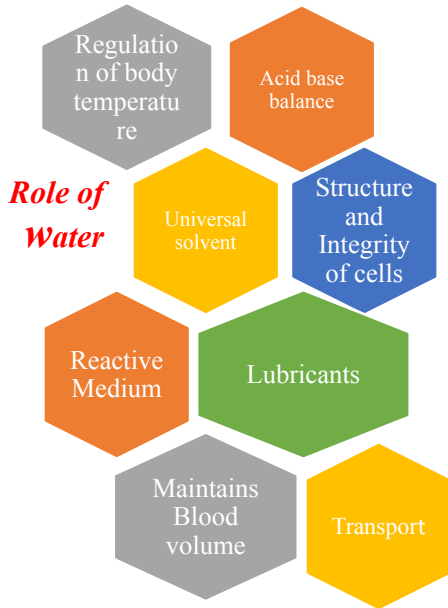


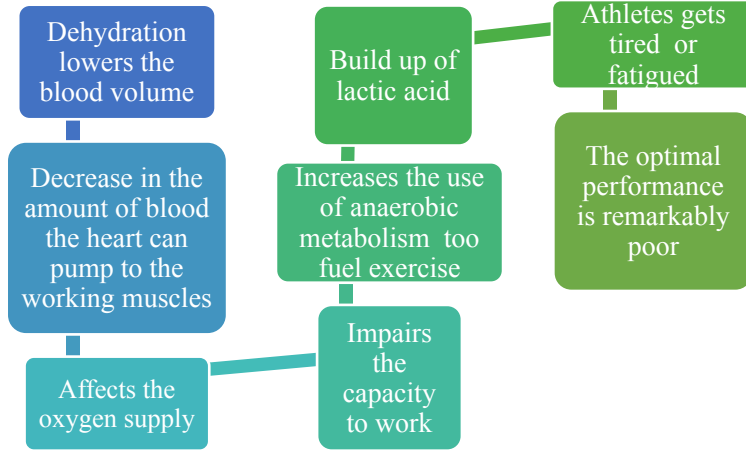


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**IMPORTANCE OF HYDRATION IN SPORT**



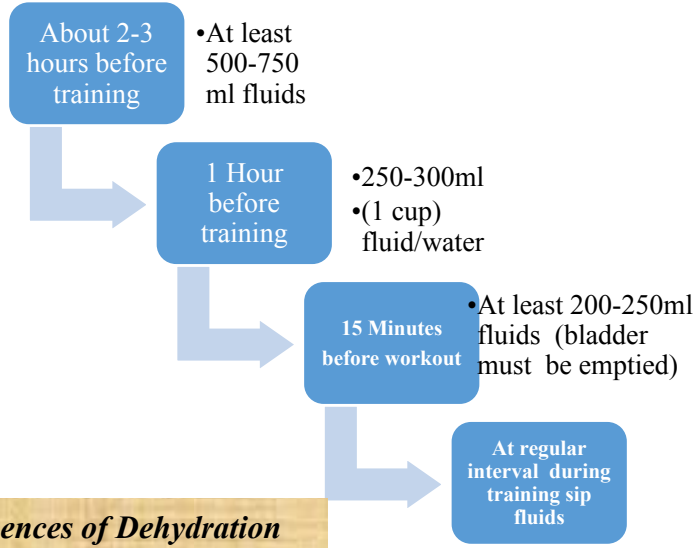
**Dehydration and performance**



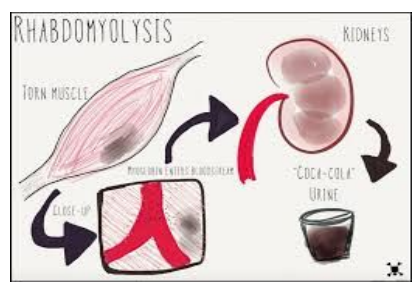
**Recommendation Pre, During and Post Training**

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- For exercise lasting less than 1 hour, plain water is sufficient while for events lasting more than 1 hour use sports drinks/ CHO/ electrolyte drinks.
- Replace 1 kg of body weight loss by consuming 1.5L of water. Since, 1 L of sweat is equivalent to 1 kg of body weight loss.
- During intense exercise lasting more than 1 hr, CHO should be ingested at 30-60 g/hr to maintain oxidation and delay fatigue.
- For events lasting more than 1 hr, include sodium (0.5- 0.7 g/100 mL of water) to promote fluid retention, enhance palatability and prevent hyponatremia.



**Consequences of Dehydration**



1. Nutritional Guidelines for Sportspersons by Geetanjali Bhide, Subhadra Mandalika 2018

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